

Burn Baby Burn

拍数: 40 墙数: 4 级数: Beginner
编舞者: Lisa Martin (UK)
音乐: Disco Inferno - Saturday Night Fever Musical Cast



TOE TAPS AND CLAP

- 1 Tap right toe forward
- 2 Tap right toe out to right side
- 3 Tap right toe to the back
- 4 Step right foot next to left and clap
- 5-8 Repeat actions 1-using the left foot

HEEL DIGS

- 9-10 Touch right heel forward and then step back in place
- 11-12 Repeat on left leg
- 13-16 Repeat action 9-12

OPEN TURNS

- 17-20 Three steps turning to the right ending with a toe dig and clap
- 21-24 Repeat steps 17-20

BALL DIGS WITH JOHN TRAVOLTA ARMS

- 25 Touch the ball of the right foot out to right side both arms making a diagonal line out to the side, left arm high
- 26 Touch the ball of the right foot in next to the left foot bringing both arms in
- 27-28 Repeat steps 25-26
- 29-32 Repeat steps 25-28 on the left foot

ARM ROLLS AND WALKS WITH A HITCH AND ¼ TURN

- 32-33 Knee bend with an arm roll
- 34-35 Repeat
- 36-39 Three walks forward starting on the left leg
- 40 Hitch the right knee with a ¼ turn to the left

REPEAT
